



# Vaping Overview

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# What are Electronic Nicotine Devices?

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E-cigarettes are battery-powered devices that use a heating element to heat e-liquid, typically containing nicotine, from a cartridge that produces a chemical filled aerosol.

Many e-liquids or “e-juice” come in fruit flavors, making them appealing to kids.

# EVOLUTION OF VAPING

The FDA has called e-cigarette use among teens an epidemic with no signs of abating



CIG-A-LIKE  
(2003)



VAPE PEN  
(MID 2000'S)

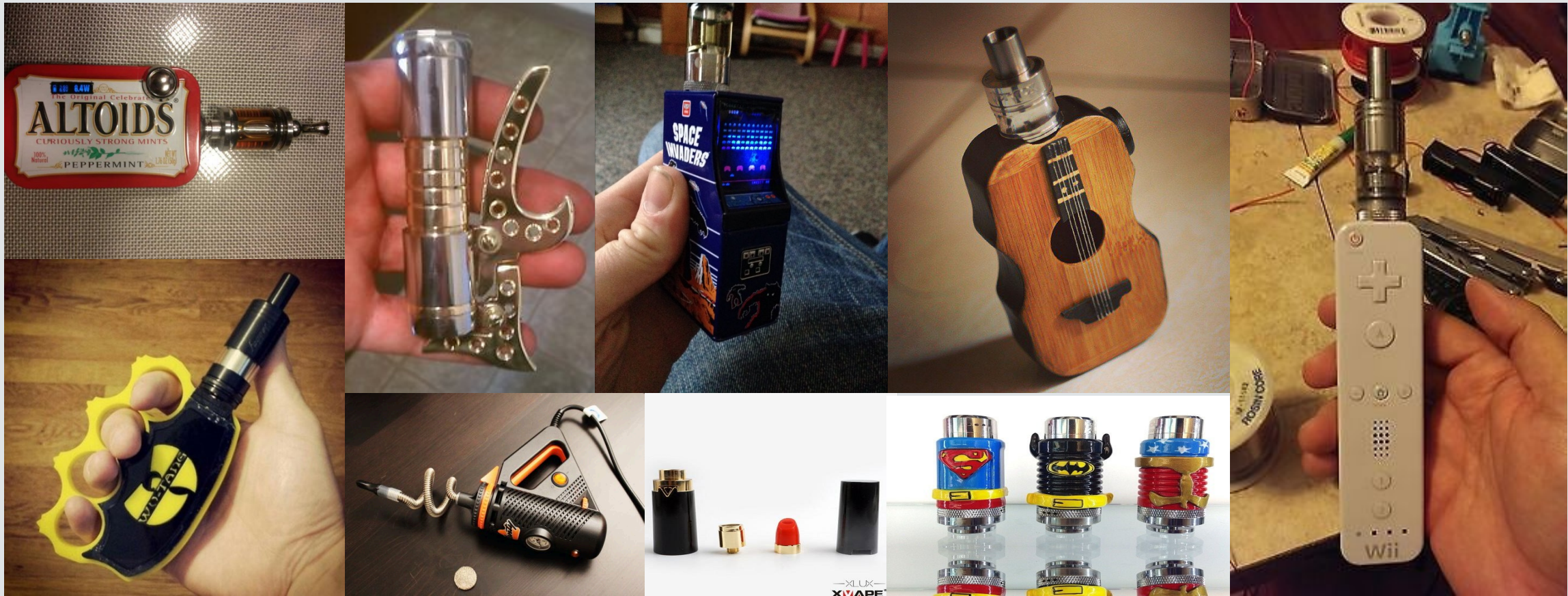


MODS  
(EARLY 2010'S)



POD MODS  
(MID 2010'S)

# Vaping Overview





## Where are PA youth seeing vaping products? ● ● ● ● ●



7 in 10 teens use **Instagram**, a photo sharing app that allows you to include your location.

Rideout, V., & Fox, S. (2018). Digital health practices, social media use, and mental well-being among teens and young adults in the US.



We looked at a sample of **Instagram** posts in PA in 2018 to find vaping-related content

**Instagram** posts in Pennsylvania with vaping-related content:

**1 in 6** posts mentioned **flavors**

**1 in 176** posts mentioned **nicotine**

Many youth are **unaware** that most vaping products contain **nicotine**.

Social media posts can be misleading about the **danger** of these products.

Talk to your child about the presence of **nicotine** in vaping products.

### Sample Instagram post



For more information: <https://e-cigarettes.surgeongeneral.gov/takeaction.html>

The **State Epidemiological Outcomes Workgroup** (SEOW) is supported by the Pennsylvania Department of Drug and Alcohol Programs. SEOW members represent both governmental and non-governmental agencies from across Pennsylvania. The goal of the SEOW is to inform and enhance state and community decisions regarding substance misuse and mental illness prevention programs, practices, and policies.

## VAPING AND PENNSYLVANIA YOUTH

State Epidemiological Outcomes Workgroup, 2019

Vaping can be done with any combination of **flavoring, nicotine, marijuana or hash oil\***



\*Hash oil is a derivative of marijuana



Next generation of e-cigarette/vaping devices: **Rechargeable, often odorless and easy to conceal**

## Why should you be concerned?

Nicotine vaping and cigarette use in Pennsylvania high school students



Nicotine addiction on the rise



Teen e-cigarette users are **3.8 times** more likely to start smoking compared to non-users\*



**1 in 15** PA middle school

students vaped in the past 30 days

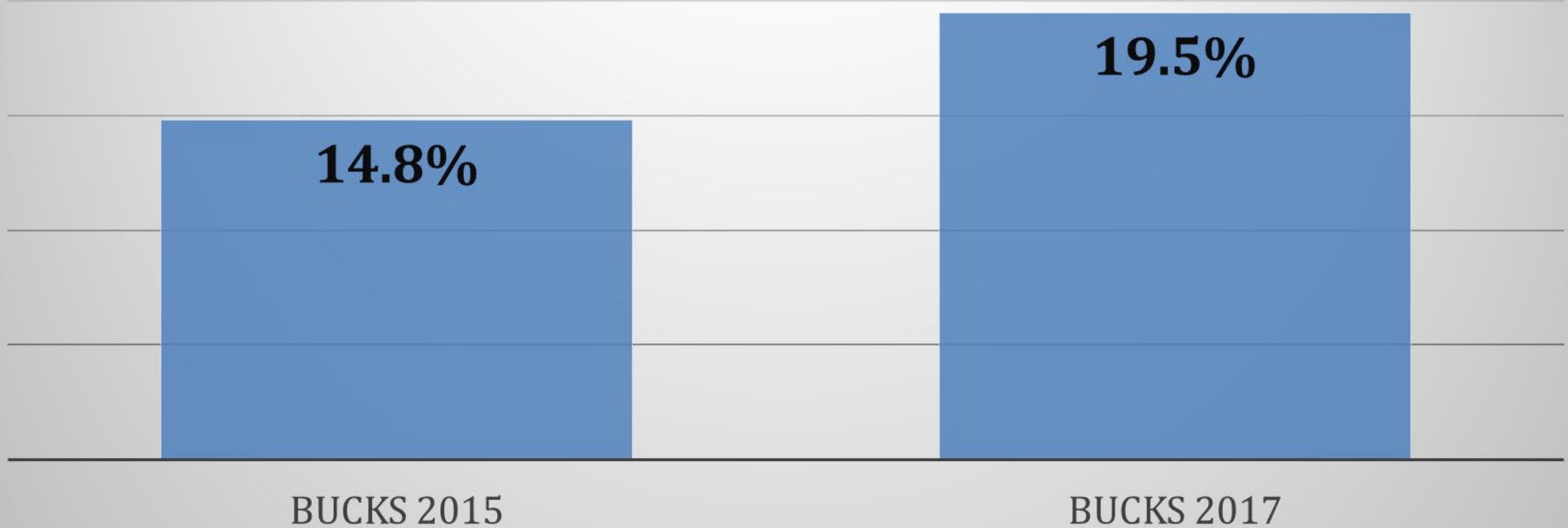
Talk to your child early



**1 in 4** PA high school

students vaped in the past 30 days

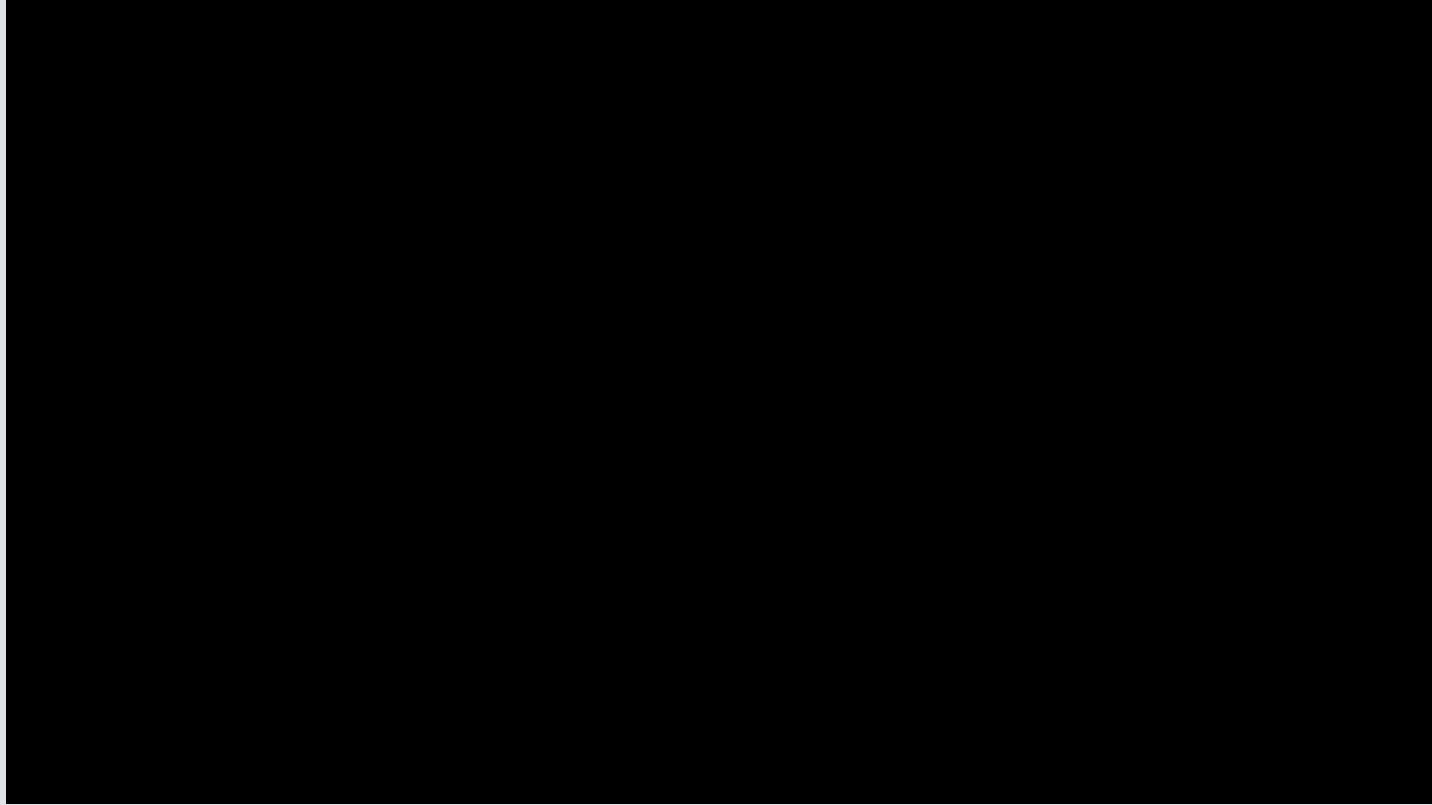
\* Leventhal AM, Strong DR, Kirkpatrick MG, et al. Association of Electronic Cigarette Use With Initiation of Combustible Tobacco Product Smoking in Early Adolescence. JAMA. 2015;314(7):700-707.



High Prevalence/Early Initiation Drugs

# The Vape Talk - Billy

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# Resources

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## American Lung Association

- <https://www.lung.org/stop-smoking/vape-talk/>
- <https://www.lung.org/assets/documents/stop-smoking/vape-conversation-guide.pdf>

## Bucks County Drug & Alcohol Commission, Inc. – Vaping Prevention Toolkit

- <https://www.bcdac.org/Prevention/Revised%20Vaping%20Toolkit%206.27.19.pdf>

## The Council of Southeast Pennsylvania, Inc. - Tobacco Control Project

- [Prevention, Education, Tobacco Dependence Treatment - 215-230-8218 ext. 5](#)